

NorthAble Information Update 14/09/2016

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Paralympics In the News

New Zealand flagbearer Holly Robinson claims javelin silver. *Stuff.co.nz*. September 14 2016. Holly Robinson threw a personal best to claim silver in the women's javelin F46 at the Paralympics in Rio, on Wednesday NZ time.

Leslie wins Northland's first gold. *Northern Advocate*. September 13, 2016 Cameron Leslie has won Northland's first gold of the Rio Paralympics, taking out the SM4 150m individual medley in a world record time of 2:23:12. After qualifying fastest for the final with a time of 2:29:36, Leslie bettered his own world record in the final by more than two and a half seconds. In securing gold, Leslie achieved a rare three-peat after gold in Beijing 2008 and London 2012.

New Zealand comes first in medals per capita Paralympic score board. *New Zealand Herald*. September 13, 2016. New Zealand has won the most medals per capita at the Rio Paralympics, so far. This comes after a successful weekend with a swag of podium finishes. New Zealand tops the list with 13 medals, the equivalent of 2.87 medals per million, which is more than double the rate of Australia.

NZ Paralympic Team have continued winning ways in day 4. *Paralympics NZ Press Release*. September 12 2016 New Zealand supporters could not have asked for more this morning as both tandem pairings qualified for medal ride off spots early this morning.

Sophie Pascoe sets world record as cyclists Emma Foy and Laura Thompson claim silver. *Stuff.co.nz*. September 12 2016. Pascoe continued her domination of the women's 200m individual medley SM10 on Monday (NZ time), breaking her own world record to win the event for the third consecutive time.

Emily Rapp Black - Paralympic Blues. *Sunday Morning – RNZ*. September 11 2016. Even though one in five Kiwis has a disability, some would say it's only once every four years the media sits up and take notice. Paralympians become heroes, "overcomers" and inspirations to the rest of us. She tells Wallace Chapman that in reality people with disabilities are more ordinary than extraordinary – and would like to be recognised as such.

Emotional para-sprinter Liam Malone pays tribute to mum after snatching Paralympic silver. *Stuff.co.nz*. September 10 2016. Liam Malone's journey to the Paralympic Games has been well publicised. But that doesn't make it any less extraordinary.

New Zealand claim four medals in an hour on scintillating second day of competition. *Stuff.co.nz*. September 10 2016. Kiwi swimming star Sophie Pascoe fittingly notched New Zealand's 200th Paralympic medal, after claiming silver in the final of the women's 50m freestyle S10 in Rio on Saturday (N.Z.T).

Can disabled athletes outcompete able-bodied athletes? *New Zealand Herald*. September 5 2016. Well before Oscar Pistorius was first granted leave by the International Athletics Federation to compete in the Olympics, sports fans had questioned whether disabled athletes would ever outcompete their able-bodied counterparts.

Information of Interest



Summer of freedom – get on board! NorthAble Disability Services and two Whangarei mums and are fundraising to help kids with mobility issues enjoy the great outdoors. Disabled children and their families often don't have the equipment to access scenic Northland. Mums Jo Ellis, Lisa Reed and NorthAble plan to change that by raising \$7500 for three all-terrain buggy wheelchairs for mid and Far Northland families living with disability to use. We're calling on individuals and businesses to donate toward three all-terrain buggies. Find out more and donate: Give-a-little www.givealittle.co.nz/cause/summeroffreedom

Events – Seminars – Courses – Meetings

Donate blood. Location: Wednesday 14 September 12-6pm. Northland Cricket Association, Johnston Crawford Cricket Centre, Okara Drive, Thursday 15 September, 12-6pm, Friday 16 September 9am-1pm. Remember to bring your donor car or suitable photo ID. Phone 0800 448 325 web www.nzblood.co.nz

Golden Games in Rio Now! until September 18. TVNZ's fully live-streamed TV channel DUKE; also delayed action and highlights. Highlights every night on TV ONE and online through www.TVNZ OnDemand and AttitudeLive.com.

Northland Junior Disability Sports Day hosted by Parafed Northland and Halberg Disability Sport Foundation. Wednesday 14 September 2016 games to be held from: 10am - 2pm. Venue: ASB Kensington Stadium, Whangarei. Experience a day of sports, fun and competition! The Northland Junior Disability Sports Day is a great opportunity to test your skills across a range of sports. Open to physically disabled and visually impaired young people (7 - 21 years). To register, contact Jo Burgess on admin@parafednorthland.co.nz or 021 705 9520. For more information, go to www.halbergallsports.co.nz/events. Facebook - search 'Halberg Disability Sport Foundation'.

Free public talk – Alzheimers Q&A Friday 16th September at Barge Showgrounds, Whangarei at 2-3pm. It is part of Alzheimers Month, all welcome. Brain Research New Zealand – Rangahau Roro Aotearoa and Alzheimer's Northland are pleased to present a public forum and Q & A session with two of our talented young scientists who specialise neurodegenerative disorders of the ageing brain: Lakshini Mendis and Helen Murray. Registrations preferred (email kevin.salmon@alzheimers.org.nz) or just turn up on the day.

Alzheimers Northland Memory Walk 2016 We'd love for you to join us to help raise awareness about and de-stigmatise dementia and Alzheimers disease throughout Northland, by joining us on Sunday 18th September, in Kerikeri, Dargaville or Whangarei. Info, see <http://www.alzheimers.org.nz/northland> or phone 0800 004 001 toll free.

Human Rights and the United Nations Convention on the Rights of Persons with Disabilities. Tuesday 20 and Wednesday 21 September, 9.30am - 3.30pm each day. This two day workshop for disabled people workshop. Kia Noho Rangatira Ai Tātou is an exciting new programme that builds understanding of disabled people's rights and self-determination, from the unique cultural context of Aotearoa. FREE workshop led by disabled people, for disabled people. Flames International Hotel 8 Waverley Street, Onerahi, Whangarei 0110. [Click here](#) to register your attendance. For more information please contact Favaux Polima at favaux.polima@tepou.co.nz.

Fundamentals of Palliative Care modules. 20 September 2016, 1000-1200, Kerikeri Hospice. The initial fundamentals of Palliative care module. Anyone keen on attending, contact Sam Boyd on 09 437 3355.

Shop with a list workshop. Anglican Care Centre Invites you to attend this workshop 10.00am—12.00pm Every 3rd Tuesday. Tuesday, 20th September 2016, Tuesday, 18th October 2016, Tuesday 15th November 2016. Maximum 10 per course. Registration essential. Phone to book: 4376397. Koha appreciated. Did you know you could save up to \$38 a week, by simply shopping with a list. This course includes economical meals, planning, budgeting and cooking.

Seniors expo 2016. Help celebrate: International Day of Older People. *Support the Needs of Older People in the Far North.* Date: Wednesday, 21st September 2016. Venue: Te Ahu Centre – Cnr South Road & Matthews Ave, Kaitaia. Time: Open to the public 10:00am – 2:00pm Interested in having a stall at the expo? If you require any further information, contact Age Concern office: by phone (09) 408 2997, or email ageconcernkta@xtra.co.nz.

LYNKZ Factor 2016! Thursday 22 September 2016. 65 John St Whangarei. \$5 per ticket, performers free. Performers RSVP by September 8. Contact LYNKZ 09 430 0988 for entering or tickets.



2016 Northland Health & Social Innovation Awards. By Northland District Health Board, NorthAble Disability Services, Manaia Health and Te Tai Tokerau PHO's to celebrate quality, innovation and integration across the Te Tai Tokerau health and social sectors. To enter categories, visit <http://community.northlanddhb.org.nz/2016awards/> Entries to all categories close on 23rd September 2016. Finalists will be invited to attend the Free Awards Dinner at Toll Stadium on Saturday, 26th November 2016. For more, contact Raewyn Fowlie on 0800 637 200 or 027 4300 167.

Child protection workshop "Identifying and responding to vulnerability and child abuse". Length: 1 Day (9am - 4pm). Date: Tuesday 27th September 2016. Location: Whangarei. Venue: People Potential. 17 Keyte Street, Kensington. Cost: \$185 + GST per person. www.childmatters.org.nz. For further information contact Tracey Goodrick—Training Advisor 07 282 0685 / traceyg@childmatters.org.nz

Tutukaka Water Sport Day 2016. Diary it - Sunday 20 November at Kowharewa Bay, Tutukaka. Details to come on this collaborative event by Halberg Disability Sport Foundation, Parafed Northland and Tokerau Beach Boys.